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**(54) Title: STARCH SUB-TYPES AND LIPID METABOLISM**

**(57) Abstract:** A method is provided for regulating carbohydrate and fat metabolism in an individual which method comprises replacing a proportion of the individual's daily carbohydrate intake with resistant starch and a proportion of the individual's saturated fat intake with unsaturated fat. Also provided are compositions comprising resistant starch and unsaturated fats and methods for making and using the same.